

WASTE REDUCTION

Waste Reduction means to reduce the amount of waste produced and to reduce toxic substances in waste.

Each individual generates about 1.5 tons of solid waste per year – about 4.5 pounds per person, per day. If we continue this pattern, we will have each created 90,000 pounds of trash in our lifetimes.

Environmental Protection Agency, "Resource Conservation Challenge: Reducing Waste and Recovering Energy," EPA 530-F-02-033, 2002

BELOW ARE PRACTICAL WAYS TO REDUCE THE AMOUNT OF WASTE YOU CREATE:

- Before buying, consider how much waste will be created from your purchase. Can the item and its packaging be reused or recycled?
- Avoid buying packaged foods with disposable, non-reheatable microwave dishes. If you must buy them, the dishes can be re-used as picnic plates, plant saucers or pet dishes.
- Use cloth shopping bags, instead of paper or plastic bags at the grocery store.
- Use reusable mugs for coffee and other beverages, instead of paper, foam or other disposables.
- Buy concentrated products to reduce packaging. Examples are concentrated fruit juice, laundry detergent, fabric softener and window cleaner.
- Letters and other correspondence that are printed on one side only can be reused to make shopping lists.
- Reduce toxic waste by purchasing paints, pesticides and other hazardous materials only in the quantities needed, or by sharing leftovers. Or, use an environmentally friendly alternative.
- Americans throw away about 2.5 billion disposable razors every year. Use an electric shaver or a quality razor with replaceable blades.
- Donate usable clothing or household items.